**ICEBERG & BARLEY SALAD – SWEET CORN – RANCH DRESSING**

**½ iceberg lettuce cut into wedges**

**80 g quinoa mix**

**10 g fennel slice**

**10 g green apple slice**

**5 g bean sprout**

**15 g red radish quater**

**30 g ranch dressing**

**5 g dill**

**RANCH DRESSING**

**150 g sour cream**

**150 g milk**

**150 g mayonnaise**

**15 g onion powder**

**10 g garlic powder**

**5 g mustard powder**

**20 g garlic microplaned**

**30 g dill finely chopped**

**7 g bird eye chili chopped**

**30 g flat parsley chopped**

**10 g fresh thyme finely chopped**

**5 g dried oregano**

**50 g lemon juice**

**20 g salt**

**5 g black pepper**

* Mix all together and check seasoning

**SPANISH STOCK**

**200 g red onion mirepoix**

**100 g fennel mirepoix**

**100 g tomato quarter**

**200 g red capsicum mirepoix**

**80 g garlic clove crushed**

**50 g long red chili sliced**

**15 g smoked paprika**

**15 g tomato paste**

**6 kg water**

**1.5 g turmeric powder**

**15 g rosemary**

**1 bay leaf**

* Heat up the oil in a pan, add the crush garlic and let get golden then add the onion and cook until translucide (3 minutes)
* Add the fennel and red capsicum and cook for 5 to 8 minutes until some color appear.
* Add the tomato paste and cook for a few minute
* Add the tomato & the spices.
* Add the water. Bring to boil, reduce to simmer and let cook for 60 to 90 minutes.
* Take off the heat and let cool down for 30 minute
* Pass it through a chinois

**COOK QUINOA**

**500 g Quinoa Tri color**

**1 kg Spanish stock**

* Bring the Spanish stock to boil
* Add in the quinoa and cook for 10 minutes or until soft (be careful to not overcook it/ grain explodes)
* Drain quinoa and cool down on a tray

**QUINOA SALAD MIX**

**1 kg cooked quinoa**

**300 g red onion brunoise**

**200 g diced kohlrabi**

**500 g sweetcorn kernel BBQ or Stir fried**

**400 g sunflower seed toasted**

**50 g long red chili deseeded finely chopped**

**10 g garlic grated**

**120 g olive oil**

**60 g sherry vinegar**

**60 g lemon juice**

**20 g honey**

**Salt & pepper**